

All Foods Can Fit

There are no good and bad foods. All foods can fit.



Moderation

Eat until you are satisfied, not stuffed. Watch out for extra helpings, splurging, and “all you can eat” places.



Balance

To manage your weight, balance what you eat and drink with how active you are. You should also balance foods higher in calories, fat and sugar with choices that are lower in calories, fat and sugar.

Variety

Choose a wide variety of foods: vegetables, fruits, whole grains, meats, poultry, seafood, eggs, beans, peas, nuts, seeds, and dairy. This helps you to get all the nutrients (vitamins, minerals, etc.) that you need. Use the following tips:

- ***Vary the color*** – aim for more than one color on your plate
- ***Vary the flavor*** – sour, sweet, bitter and salty
- ***Vary the texture*** – crunchy, soft, smooth...



Take time to enjoy what you eat!

